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WILL IT BE BEASTS OF THE SOUTHERN WILD OR MEGAMUSICAL LES MIS? IT'S NOT TOO EARLY TO START THE OFFICE POOL FOR WHO GETS THE NOD IN 2013 PAGE 11

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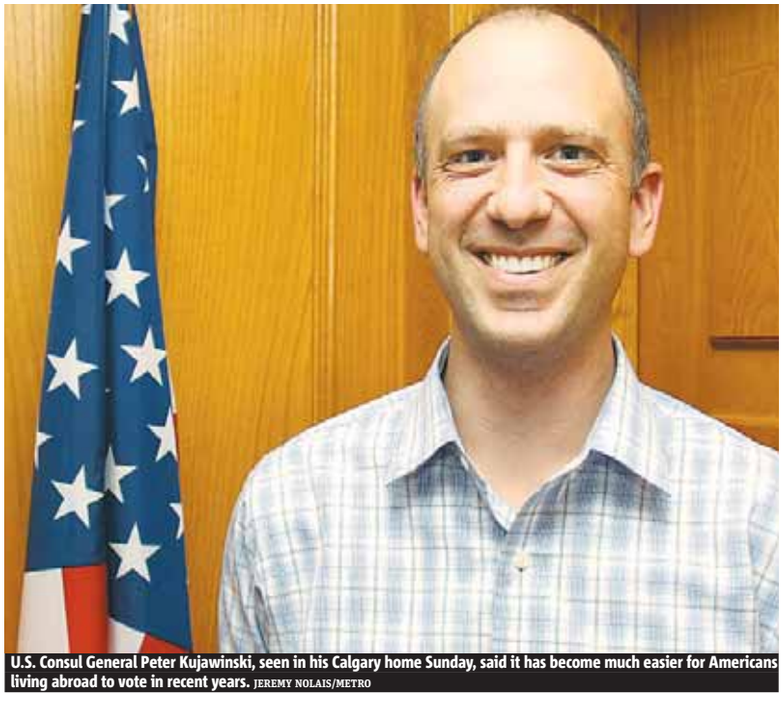
American expatriates in Calgary eager for election



U.S. Consul General Peter Kujawinski, seen in his Calgary home Sunday, said it has become much easier for Americans living abroad to vote in recent years. JEREMY NOLAIS/METRO

U.S. presidential race. Much like 2000 vote, locals believe voters abroad could again play key role in results

JEREMY NOLAIS
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They may live a few hours from the U.S. border, but American citizens currently calling Calgary home say that hasn't stopped them from eagerly casting a ballot ahead of today's presidential election.

"It's a huge topic right now," said lawyer Gerry Chipeur, who's been submitting an absentee ballot from Canada since 1978. "I have never seen interest quite like this in Calgary."

Chipeur has already thrown his support behind Republican challenger Mitt Romney and led a delegation to the Republican Party convention in Florida.

Calling Calgary home

The U.S. Consulate General in Calgary estimates upwards of 80,000 Americans are currently living in the city.

Quoted

"I have never seen interest quite like this in Calgary."

Gerry Chipeur
American expatriate living in Calgary talking about the U.S. presidential race

He believes Americans doing business in Calgary will see his candidate as being better for trade and will back his pledge to reduce the size of government.

But not so fast, says Jim Davis, chair of the local Democrats Abroad chapter, which is waiting anxiously to see if incumbent Barack Obama will be granted a second term in the Oval Office.

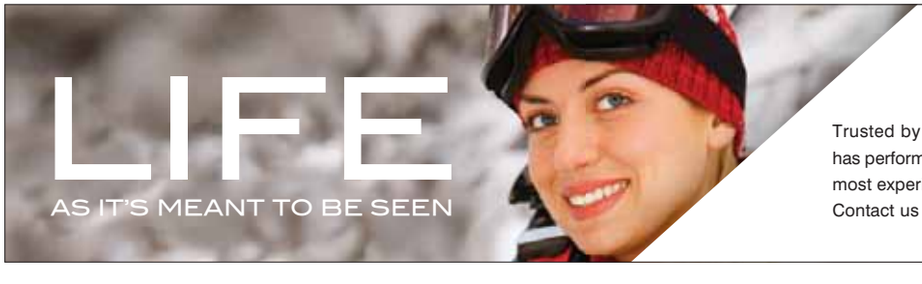
"I think (Obama) is a practical person and I think he's open-minded," Davis said, citing issues like abortion and gay rights as being key among many voters who will back the president.

Both Davis and Chipeur said they know Calgary-residing Americans voting in key battleground states like Ohio, Virginia and Florida.

Chipeur said many attribute the strong absentee vote in favour of George W. Bush as being what pushed him over the top in a tightly contested race with Al Gore in the Sunshine State in 2000.

Peter Kujawinski, Alberta's U.S. consul general, said absentee votes from Calgary have already been cast and he plans to do a straw poll on election day to see which way local support leaned.

"I would suspect that there is a certain important part of Calgarians and Albertans that do support the president, just because he's popular across the country ... at the same time, I do think people recognize that Romney has a number of interesting attributes too," Kujawinski said. "I think it will be close."



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CBE. Board left with $2.8M in busing-fee surplus

Calgary's public school board raked in roughly $2.8 million more than was needed to cover transportation costs last year, but officials pledged to use that money to ease the financial burden on families.

Documents published Monday for the 2011-12 school year show the excess money will be transferred to a transportation-fee-stabilization reserve fund.

The extra charge works out to nearly $108 for each of the 26,000 CBE students riding the bus to school every day.

Board spokesperson Cathy Ward said the overestimation was driven largely by two factors: a surprise provincial grant, which board documents from last December show was nearly $1 million, and cost savings from cutting down on bus routes. She added that education legislation specifies that surplus money must be used against transportation fees no later than the 2013-14 school year.

"The purpose of it (the reserve fund) is to stabilize or smooth out transportation fees to students and also to cover costs associated with the waiver of transportation fees due to financial hardship," she said.

But trustee Carol Bazinet pointed out that the board has said in the past that parents who pay transportation fees would never have to subsidize those who could not afford them. Furthermore, she said some parents who paid extra for transportation will not see the benefit if their children have graduated or stopped riding the bus.

"On the one hand, you want to congratulate them (administration) for saving money," she added. "On the other hand, you have got to wonder where that extra money's going to go now."

JEREMY NOLAIS/METRO

Workers tend to a portion of a new bus loop and terminal under construction at Mount Royal University. The development will accommodate a bus-rapid-transit service opening in conjunction with the city's new West LRT line. JEREMY NOLAIS/METRO

Relief in sight for MRU commuters

Good news for Mount Royal students.
Bus-rapid-transit service will begin with opening of West LRT, alderman confirms

JEREMY NOLAIS
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Kemae Gialen spends two hours a day riding three buses each way from Calgary's western outskirts to Mount Royal University and home again.

"It's a lot, but I am getting used to it," Gialen, a first-year student in open studies, said on Monday. "I wish it could be faster, sure."

But after learning about the bus-rapid-transit (BRT) route that Ald. Brian Pincott, who represents the area, has confirmed will open in step with Calgary's West LRT line, Gialen is wondering if she might be able to hitch a quick ride from the new Westbrook station.

Speculation has swirled among some alderman and a union representative that the new West LRT line could be in operation before Christmas. But officials at Calgary Transit have yet to confirm a date.

Both Pincott and a Mount Royal official said a tentative ribbon-cutting date of Nov. 29 has been set for the opening of a new bus terminal on campus that would accommodate the BRT service. If everything goes according to plan, fare service would start a few weeks later.

Transit check

- Capital costs for providing BRT service to Mount Royal had been pegged at $5 million initially for buses, transit-priority measures and bus-zone amenities. It will then cost another $500,000 a year to keep the route running.
- The service will accommodate 600 passengers hourly, travelling between Mount Royal and each of the LRT stations, proposal documents say.

The BRT would run from Westbrook LRT station to Mount Royal in eight minutes, and from Heritage LRT station to campus in 12 minutes, initial proposal documents suggest.

Pincott said the route would be serviced for 15 hours a day, with buses running in 10-minute intervals.

"I have been working on this for a long time," Pincott said. "God knows, Mount Royal needs it. This will increase the transit service to Mount Royal significantly."

Julia Broome, vice-president of external affairs at the Students' Association of Mount Royal University, said the BRT service is more than a convenience — it's a necessity.

"There are students who would like to take the bus — it's just not possible for them," she said.

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Ald. Shane Keating speaks at city council on Monday night in support of his motion to offer veterans $10 worth of free parking each month. ROBSON FLETCHER/METRO CALGARY

Veterans to receive $10 of free parking per month in the city

Gesture of gratitude. Ald. Shane Keating, whose nephew Cpl. Shane Keating died in Afghanistan, wanted a way to thank veterans on a 'daily basis'

ROBSON FLETCHER
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Veterans will soon be able to park for free in Calgary, now that city council has approved a plan to offer them a monthly parking credit as a way of thanking them on an ongoing basis for their service.

"It's not a great big thank-you but just simply saying, 'You know what? We honour what you did and we acknowledge it,'" said Ald. Shane Keating, who put forward the idea.

Council approved the $10 free-parking credit by a 14-1 vote on Monday.

The lone dissenter was Ald. Gord Lowe, who said the money would be better spent on an organization that supports military families.

"I'd rather do something substantive than to do something that will vanish in the wind," Lowe said.

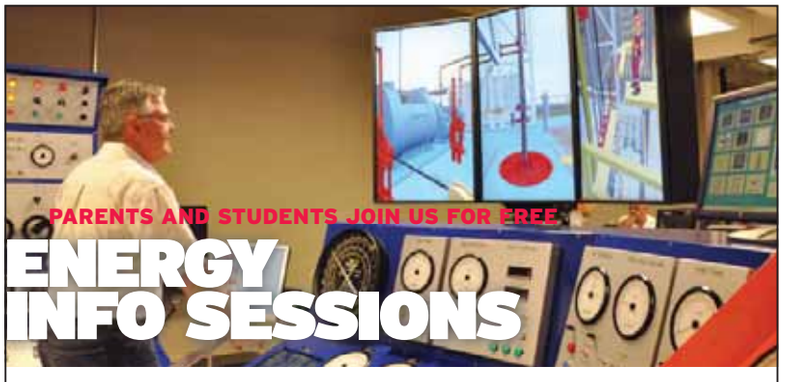
"I think we can do better than this, and we can do better by many more people over a much longer term."

But Joey Bleviss of the Calgary Poppy Fund, which supports veterans in need, thought the free parking was a great idea. The move is both symbolic and practical, Bleviss said,.

"I can see where it would be a real asset for them, because they don't have to worry about their parking, especially for medical appointments," he said. "That's one of the things that we quite often hear about."

When it starts

- The Calgary Parking Authority will offer a $10 monthly credit to vehicles with valid Alberta veterans' licence plates, beginning as early as Dec. 1.
- The CPA estimates the cost of the initiative will be between $65,000 and $185,000 annually, depending on the uptake.
- There are roughly 6,000 vehicles with veterans' plates in the Calgary area, according to a CPA estimate.
- The CPA will also start offering complimentary parking on Nov. 11 for vehicles with veterans' plates.



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Inquest finding

Fear of ER wait may have played role in man's death

Provincial court Judge Robert Philp said Samuel Takyi may still be alive had he not tried to stay home and wait out the pain from a surgical complication rather than face a long wait in the Grey Nuns Hospital ER.

An inquest into Takyi's death heard how the 73-year-old had part of his colon removed in 2009 to treat a non-invasive cancer and started experiencing pain shortly after he was sent home. He ended up heading back to the emergency room at Grey Nuns Hospital, where he waited overnight to be seen.

After being given a painkiller prescription, Takyi was sent home but his condition worsened over the next three days. He started vomiting and sweating and eventually had trouble breathing.

Takyi couldn't reach his doctor for help with his pain and, rather than face another wait in the emergency room, Takyi elected to stay at home and wait it out, said Philp.

Paramedics were eventually called but it was too late — Takyi died from an infection when he arrived at the hospital.

THE CANADIAN PRESS

Risky robbery. Charges laid in alleged kidnapping of a Zellers employee

Police have laid charges against a man they allege robbed a Calgary Zellers location and then kidnapped a staff member who was attempting to stop him.

The incident took place around 5 p.m. Sunday, according to police. It is believed the employee chased a thief from the Zellers location at Sunridge Mall and climbed into a vehicle with him.

The suspect then allegedly brandished a knife but the employee managed to take it from him. The alleged thief then sped off with the staff member inside, ramming at least two occupied cars at 36th Street and 26th Avenue N.E. in the process, police said.

The vehicle was finally stopped at the intersection of 16th Avenue and Barlow Trail N.E.

Police have now charged Calgary resident Darryl Stephen Hannaford, 32, with numerous offences, including kidnapping, robbery, assault with a weapon, four counts of hit-and-run, dangerous operation of a vehicle and operating a vehicle without a licence. METRO

Just a baby. Man pleads guilty in daughter's death

A 22-year-old man from Red Deer, Alta., has pleaded guilty to manslaughter in the death of his infant daughter a year ago.

Julian Thomson admitted he was angry at the baby's mother when he shook four-month-old daughter Zaria McCall, hitting her head on an ExerSaucer, a baby toy, and throwing her to the floor. She died of blunt-force trauma to the head. A CT scan revealed three separate skull fractures.

Crown prosecutor Jason Snider is seeking a five-year sentence while the defence has asked for a four-and-a-half-year term. A decision is expected to be handed down Tuesday morning.

Snider says the Crown doesn't believe that Thomson intended to hurt his daughter but lost his temper and committed "a violent and unspeakable act." THE CANADIAN PRESS

Cyclists will soon have some refuge from downtown traffic, as the first in a series of physically separated "cycle tracks" are set to be installed along 6th Street and/or 7th Street S.W. in the spring. METRO FILE

Nod given to 'cycle tracks,' bike share gets half nod

Council applies the brakes. A majority of councillors felt it was too soon to ask city staff to work in earnest on a bike-share program

ROBSON FLETCHER
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Calgary will work towards a system of separated bike lanes downtown and will move forward — sort of — on a bike-share program, after several city council decisions on Monday.

Aldermen voted in favour of having city staff plan out a "Centre City Cycle Track Network," which would eventually enable cyclists to travel through downtown via lanes physically separated from motor vehicles.

When it came to a bike-share program, however, council approved one measure and rejected another.

By an 8-7 vote, aldermen opted to have city staff "pursue a bike-share business model that is owned and operated by a third party."

By another 8-7 vote, though, they rejected having staff "prepare a terms of reference for a bike-share system."

Several councillors said that would be "putting the cart before the horse" and the city should first establish the cycle-track network before going too far down the road towards a bike share.

Ald. Andre Chabot said even some of the most successful bike-share programs elsewhere are subsidized by municipalities to some extent and it's too soon to start seriously pursuing one here.

"At this time I think it's premature and we shouldn't be spending another penny on this until such time as a network, at the very least, is in place," he said.

The survey says

88%

The proportion of Calgarians who said they would bike if the city had physically separated bike lanes, in a 2010 telephone survey, according to a report presented to council

Botched prosecution

Redford denies rush to judgment in child sex assault

Premier Alison Redford is denying accusations her government rushed to judgment to protect its reputation in a child-sex-assault case that was mishandled in court.

Redford ordered an investigation after it was revealed by the Wildrose party that sex-assault charges against a central Alberta man were recently dropped because the case dragged on too long.

THE CANADIAN PRESS

Market Mall. Jewelry stolen after vehicle driven through entrance

Police are on the hunt for two suspects they say robbed a jewelry store at Market Mall after a vehicle was driven through an entrance.

Shortly before 4 a.m., officers responded to a number of intrusion alarms at Market Mall in northwest Calgary.

Significant structural damage was caused after an entry point was created at the main north entrance.

Police say the suspects made off with a "significant amount of jewelry," from Jewels By Maxime's before fleeing the scene.

Investigators determined a small, white SUV was likely involved in the robbery, and thanks to tips from the public, a vehicle of interest — a Dodge Journey — was located abandoned in the nearby community of Varsity.

Officers are asking anyone who may have information about the incident to called police or Crime Stoppers at 1-800-222-8477. METRO

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Alleged mafioso's murder could reignite war

Montreal Mafia. Shooting ends a quiet period following a series of mafia-related hits, mostly centred around members of the Rizzuto family

A man alleged to be an influential member of the criminal underworld, whose career spanned nearly five decades, has been gunned down in what appears to be a new chapter in Montreal's ongoing Mafia war.

The killing of Joe Di Maulo is the first murder of a reputed Mafia boss since Vito Rizzuto, allegedly the most powerful Sicilian mobster in Canada, emerged from a long prison stint. Di Maulo was said to have once worked for a rival crime faction before joining with the Rizzutos in the 1970s.

He was killed outside his home late Sunday.

Di Maulo's body was found face down in the driveway of his home, which borders a golf course in a posh suburban area. Police said a 911 call came from a member of the family inside the home.

He was the brother-in-law of Raynald Desjardins, charged with first-degree murder in the slaying of the alleged Mob boss Salvatore Montagna. Currently awaiting trial, Desjardins recently lost a bid to get out of testifying before Quebec's corruption inquiry.

Sources said Di Maulo suffered at least two gunshot wounds to the head but police would only say that an autopsy was needed to determine the cause of death.

"We're still at the beginning of the investigation," Sgt. Benoit Richard of Quebec provincial police said Monday. THE CANADIAN PRESS

Police investigators examine the crime scene where alleged mob boss Joseph Di Maulo was murdered in front of his home Monday. RYAN REMIORZ/THE CANADIAN PRESS

Stepping aside. Embattled Montreal mayor resigns amid corruption scandal

Montreal's mayor has resigned in the midst of a corruption scandal, becoming the highest-profile political casualty of the controversies currently rocking Quebec.

Gerald Tremblay said he had done nothing wrong, but was stepping aside for the greater good of a city that is now politically paralyzed. Large construction contracts have been frozen and even the municipal budget has had to be rewritten in recent days.

"I cannot help anymore, given the circumstances," Tremblay said in a solemn resignation announcement late Monday at city hall.

The 70-year-old mayor held onto office just long enough to delay an election to replace him — which would have been triggered had he resigned only a few days earlier.

Tremblay avoided the public eye last week and took two days off work. Because he left after Nov. 3, one year before the next scheduled election, provincial law says he can now be replaced with an interim mayor chosen by the city council that is controlled by his scandal-plagued party.

He insisted he was unaware of corruption in his administration and learned about it after the fact. THE CANADIAN PRESS

Holy roller

Gambling nun to appear in court

Authorities say a nun with a gambling addiction is accused of stealing $128,000 from two rural parishes where she worked. The nun is a member of the Sisters of St. Francis, based north of Buffalo. THE ASSOCIATED PRESS

Submerged

SUV lands in swimming pool

An Ottawa motorist was being treated for mild hypothermia after his vehicle ended up in a swimming pool Monday morning. According to paramedics, a car crashed through a fence and landed in the shallow end of a swimming pool in about a metre of water. METRO IN OTTAWA

An SUV that crashed and landed in a swimming pool. METRO

Not quite Sandy

New storm could worsen situation

A new storm is expected to hit the New York-New Jersey region still shivering and cleaning up after last week's Superstorm Sandy, bringing the threat of 89 km/h gusts and more beach erosion, flooding and rain by Wednesday. Temperatures dipped toward freezing early Monday, and tens of thousands of people without power along the ravaged Atlantic coastline faced the growing certainty that they would have to find somewhere else to stay. THE ASSOCIATED PRESS

U.S. election

Sask. Premier Wall weighs in

As Americans take to the polls today, Saskatchewan Premier Brad Wall says the next president of the United States must endorse free and fair trade between Canada and the U.S. Wall also noted the next president should also endorse the $7 billion Keystone XL pipeline, which President Obama rejected in January of 2012. THE CANADIAN PRESS

Big tobacco denies 1950s pro-smoking conspiracy

Recouping health-care costs. Every province except Nova Scotia has filed similar lawsuits

Two big foreign-owned tobacco companies asked Ontario's top court Monday to dismiss a $50-billion lawsuit launched against them by the provincial government.

Lawyers for British American Tobacco and R.J. Reynolds Tobacco Co. argued they should not be included in the legal action if the Appeal Court lets the case proceed.

They said the lawsuit is based on a false theory that the companies conspired in the 1950s to withhold information from Ontario smokers about the harmful and addictive ingredients in cigarettes.

The companies contend there is no evidence that a conspiracy ever took place or that they specifically targeted Ontario. British American Tobacco notes it did not exist until 1997.

Ontario launched a lawsuit against 14 tobacco companies in September 2009 in an effort to recoup past and present health-care costs related to smoking. The province claims the corporations should be on the hook for billions of dollars because they misrepresented the risks of smoking, did not take steps to reduce the effects and marketed cigarettes toward children and teens.

THE CANADIAN PRESS

The argument

Both companies claim the government has also manipulated laws related to smoking to help it with its court action.

- "Ontario has unilaterally designed the very legal garb which will determine the locus of the claim and seeks to rely on its statute and pleading as the basis for a real and substantial connection," according to the documents.

17th century anti-hero, now a cyber-icon, honoured in England

Members of the Lewes Bonfire Society parade through Lewes, southern England, on Monday, as part of their bonfire night revels celebrating the unsuccessful attempt to blow up the House of Lords by Guy Fawkes and others in 1605. There were fireworks and bonfires throughout much of England to mark the anniversary. The cyber-rebel group Anonymous draws much of its iconography from the story of Fawkes, and the anti-hero's ghostly white mask is a staple of the online movement's demonstrations. GARETH FULLER/PA/THE ASSOCIATED PRESS

Northern Ontario

Hockey dad faces assault charge

A hockey dad has been charged with assault after a confrontation with a referee at a midget-level hockey game in Cochrane, Ont., last month. Provincial police say the official was "poked aggressively" and "subjected to blasphemous insults" by a man at the Oct. 18 game between Cochrane and Iroquois Falls. THE CANADIAN PRESS

Feds, province pitch in

Hay, you need some help?

Ontario and western Quebec farmers hit by a serious summer drought are getting government help to feed their livestock over the winter. The federal and provincial governments say they will split the cost of contributing to private efforts to ship hay from Alberta and Saskatchewan to the drought-affected areas. THE CANADIAN PRESS

Remembrance pay

New $20 bill honours soldiers

On Wednesday, the Bank of Canada will begin circulating a new $20 bill made of polymer instead of paper.

The new bill pays tribute to the contributions and sacrifices of Canadian men and women in all military conflicts and is being released just before Remembrance Day. The note features a view of the Canadian National Vimy Memorial on its back.

The front and back of the new $20 bill. HANDOUT/BANK OF CANADA

The bill will be formally introduced in a ceremony at the Canadian War Museum in Ottawa. THE CANADIAN PRESS

Candidates make final push

Election Day. Final polls show Obama having a slight advantage, with Mitt Romney pulling even in Virginia and Florida

Workers carry voting machines up a set of debris-covered steps at East Elementary School in Long Beach, N.Y., Monday, as it is set up to serve as a polling station for Election Day. Officials are working to hold an election in storm-ravaged parts of New York and New Jersey barely a week after Superstorm Sandy. JASON DECROW/THE ASSOCIATED PRESS

President Barack Obama and Mitt Romney stormed into the final day of campaigning before Election Day, once again visiting the toughest battleground states, trying to fire up their supporters and defend their highly contrasting visions for the U.S.

Nationwide polls show the two locked in one of the closest, and most expensive, presidential races in recent U.S. history. The hard-fought race has laid bare one of the most polarized American electorates in decades, choosing between two very different paths for the world's most powerful country. Uncertainty over the outcome weighed on investors worldwide.

Both candidates eagerly emphasized the stark choice Monday, trying to convince their core supporters too much is at stake to stay home on Election Day. With few undecided voters left, getting their supporters to the polls was crucial for both sides.

"This is not just a choice between two candidates or two parties. It is a choice between two visions," Obama told nearly 20,000 people in Wisconsin.

"Our choice tomorrow is going to lead to very different outcomes," Romney said at a rally in Virginia.

A majority of polls in the battleground states — especially in Ohio and other Midwestern states of Iowa and Wisconsin — show Obama with a slight advantage. That gives him an easier path to the 270 electoral votes needed for victory.

Rock legend Bruce Springsteen and rapper Jay-Z were joining Obama for Ohio events on Monday.

"We have one job left," and that's getting people out to vote, Romney told a Florida crowd Monday morning. The crowd chanted, "One more day!"

Both Obama and Romney say this year's winner will be determined by which of their campaigns can get the most supporters to the polls. "This is going to be a turnout election," the president declared in an interview that aired Monday.

THE ASSOCIATED PRESS

Superstorm Sandy

N.Y. officials scramble to ensure residents can vote

With 1.4 million customers still without power a week out from Superstorm Sandy, election officials are scrambling to make sure that everyone who wants to vote will be able to have their say starting 6 a.m. and ending at 9 p.m. on Tuesday.

While the number of people without power in New York state has dropped drastically from 2.2 million to 538,000, many parts of hard-hit areas like Staten Island still don't have electricity. With public transportation not up and running at 100 per cent, people might find it difficult to get to their assigned polling location, especially if they are staying with a friend or relative outside their zone. It doesn't help that the gas shortage is creating hours-long lines, and some roads are still unsafe to drive on.

MICHELLE CASTILLO/ METRO WORLD NEWS

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Skins sues cycling body for damage to reputation

Armstrong fallout.
Firm says it's suffered from investing in sport 'tarnished' by doping

Sportswear company Skins is suing cycling's governing body for $2 million US, claiming its brand has been damaged by backing the sport as the Lance Armstrong doping scandal unravelled.

Skins, which was founded in Australia and is based in Switzerland, has sponsored cycling teams and riders for five years, and supplied race suits for the United States at the London Olympics.

While Skins has never sponsored Armstrong or the UCI, it wants compensation for the reputational damage it says it has suffered by investing in a sport "tarnished" by doping.

"Skins was under the illusion that professional cycling had been fundamentally reformed to contain doping and to minimize the risks of scandals with which the brand of any sponsor could be associated," lawyer Cedric Aguet wrote Friday in a letter to the UCI that was released Sunday. "It has now been proven that these legitimate expectations have been betrayed on the grounds you are aware of."

The UCI has agreed to strip Armstrong of his seven Tour de France titles and ban him for life, following a report from the U.S. Anti-Doping Agency that accused him of leading a massive doping program on his teams. UCI President Pat McQuaid has agreed to create a commission to examine allegations about the governing body's conduct raised by USADA.

THE ASSOCIATED PRESS

Mini millions: Consumers snap up new iPads

A staff member of Apple Inc. hands an iPad Mini to a customer in Hong Kong. Apple said Monday it sold three million iPads of all kinds in the first three days it sold the new Mini model. According to analyst Brian White at Topeka Capital Markets, the Mini model sold out at 60 per cent of U.S. Apple stores. The full-size iPad got an update on Friday as well, with a faster processor and a better front-facing camera. VINCENT YU/THE ASSOCIATED PRESS

Black Friday. Malls battle cross-border shopping

Some of Ontario's biggest malls are going to be open even longer than usual on Black Friday in hopes of keeping Canadian shoppers close to home rather than crossing the U.S. border in search of bargains.

Mall operator Cadillac Fairview Corp. said Monday that it will extend the hours at nine of its properties on Nov. 23, which will be one of the busiest shopping days of the year in the United States.

The day, dubbed Black Friday, takes its name from the assumption that it marks the day when retailers turn a profit for the year or go "into the black."

Retailers in Canada have been increasingly under competitive pressure from Black Friday deep discounts promoted in the United States.

This year's shopping season could prove particularly competitive for Canadian businesses after the federal government relaxed cross-border shopping rules in June. THE CANADIAN PRESS

Air travel

WestJet, Air Canada load factors hit record

Air Canada and WestJet Airlines both flew their planes with record percentages of the seats full in October as passenger traffic increased with only slight increases in capacity.

The country's largest carrier said planes in its domestic and international system were 82.9 per cent full in the month, up 3.5 percentage points from 79.4 per cent a year ago.

WestJet flights flew 81.2 per cent full in October — the fourth month in a row of record high load factors for the Calgary-based company. WestJet said it flew 113,000 more passengers in October than a year ago. THE CANADIAN PRESS

Photo-sharing app

Instagram heads to the web with new user profiles

Instagram, the photo-sharing app created for mobile phones, is expanding to the web. The service, owned by Facebook Inc., said on its blog Monday that it will launch profiles on the web over the next few days.

Previously, user profiles existed only on Instagram's mobile applications accessed on the iPhone or Android devices. Now, users will have a website with a profile photo, bio and a selection of the snapshots they've recently shared on Instagram.

The layout of the web profiles is reminiscent of Facebook timelines, except with little text and no ads. Users will have a large cover image that's a collage of their old Instagram shots.

THE ASSOCIATED PRESS

Market Minute

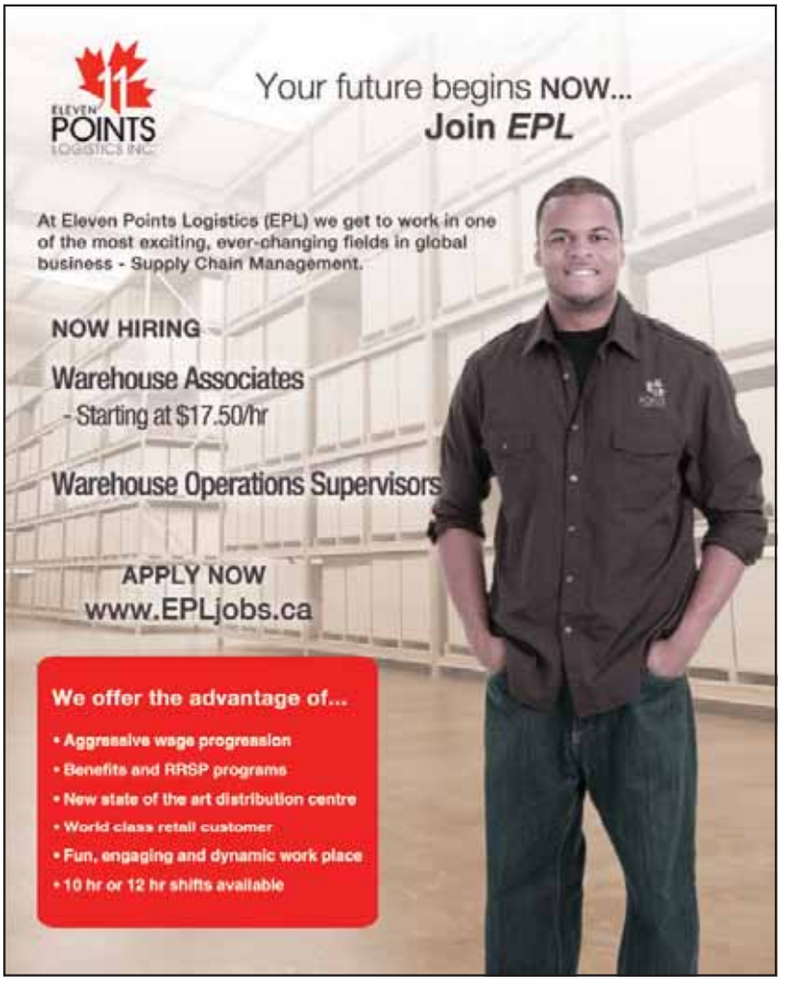
DOLLAR
101.34¢
(-0.70¢)

TSX
12,352.78 (-27.63)

OIL
$85.65 US (+$0.79)

GOLD
$1,683.20 US (+$8)

Natural gas: $3.57 US (+2¢)
Dow Jones: 13,112.44 (+19.28)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GOOD NEWS TODAY

God comforts us in all our troubles so that we can comfort others, 2 *Corinthians 1:4*

(Prayer: Father in heaven, I pray that today You comfort all who have lost a loved one; strengthen and keep them in your love, in Jesus name)

GOODNEWSTODAY.CA

MIDDLE-CLASS VOYEURISM AND THE 'REDNEXPLOITATION' OF HONEY BOO BOO

SHE SAYS...
Jessica Napier
metronews.ca

In North America, our caste systems might not be as apparent as in other parts of the world but we certainly don't live in a classless society. Defining yourself by your class seems like a rather anachronistic thing to do, but sometimes I can't help but think about where I might fit in on the grand social hierarchy. Every time I step on a plane, I take a look at the business-class executives enjoying champagne in their reclining cocoon seats and realize that I'm definitely a few rungs down the ladder.

Our underlying socioeconomic divisions are perhaps most evident in the world of reality television. Popular docu-lite programs such as Here Comes Honey Boo Boo and My Big Fat Gypsy Wedding establish definite class boundaries between the viewers and the characters.

Trailer TV

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity.

Best categorized as laugh-and-point programming, these shows feature ensembles of rednecks and gypsies who are portrayed in a way that captures our fascination but also works to marginalize their ways of life. And while these shows might be entertaining at times, they also frame difficult issues — poverty, bad nutrition, lack of education, violence and alcoholism — as punch lines rather than problems.

The worlds of child brides and pigs for pets are so far removed from our own that they provide us with a fixed point of reference from which to establish our own superiority. Viewers comfort themselves in the knowledge that we are in some ways "better" than the overweight hillbillies from America's Deep South or the trailer-dwelling Irish Travellers of the British countryside.

These families are being exploited in the name of cheap entertainment as a way to satisfy our own middle-class curiosity. Urbane cable subscribers can slum it for an hour or so before going back to their regularly scheduled lives.

But you have to wonder if the individuals who appear on these shows are really being exploited or if they're simply taking advantage an opportunity. Are Honey Boo Boo's redneck clan and the Roma families of the U.K. cashing in on our fascination with the unknown and playing up their lifestyles for a profit?

Some argue that these reality stars enjoy the attention (even when it's negative) and are happy to use their per-episode-paycheques to better their lives. So where's the real harm in that?

While you could say it's a win-win-win situation for all — the viewers, the reality stars and most definitely the television networks — we can't ignore the problematic aspects of these exploitative shows.

Frankly, all of the "sketti" and hair spray is starting to leave a bad taste in my mouth.

Our thirst for trash TV has exploited Honey Boo Boo's family while providing opportunities that otherwise might not have been available. YOUTUBE.COM

Mud on your face, but no big disgrace

CHRIS JACKSON/GETTY IMAGES

Diamond Jubilee tour

Pacific nation's best greet royals

Asaro Mudmen, traditionally dressed tribespeople with headwear made of clay, line up to greet the Prince of Wales and his wife, Camilla, the Duchess of Cornwall, in Port Moresby, Papua New Guinea.

The British royals were visiting the Pacific nation as part of their tour to celebrate the Queen's Diamond Jubilee. METRO

History of ethnic dancers

Mudmen dance to story of ancestors

The Asaro Mudmen are a group of dancers from the village of Goroka in the rugged Eastern Highlands province of Papua New Guinea.

Their performances, first made in the 1970s, tell the story of ancestral tribesmen, who wore clay masks and bamboo sticks on their fingers to frighten their enemies. Today, the mystical dancers are a major tourist attraction. METRO

Speaking local tongue

"Mi bringim bikpela tok hamamas bilong mejesti kwin Papua Niugini na olgeta haus lain bilong mi lon dispela taim bilong Diamon Jubili misis kwin. Mi tokpisin olrite?"

Prince Charles
Speaking in one of PNG's 800 languages, Tok Pisin, a type of Creole

"I bring you greetings from Her Majesty the Queen of Papua New Guinea and from all my family members during this celebration of the Diamond Jubilee of the Queen. Was my Tok Pisin correct?"

Translation of what the Prince of Wales said to a crowd of 5,000 in Port Moresby, Papua New Guinea

Metropolitan Panel

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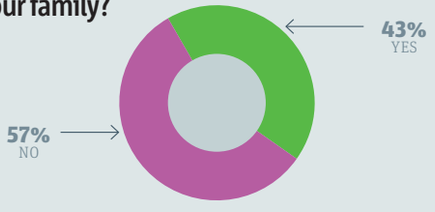
Are you becoming more concerned about a major natural disaster affecting you and your family?



Twitter

@ooozmin: Since when did: big vehicle = license to drive like an idiot?? #yyc

@purpledcake: Post Daylight Savings Time in #yyc - where you feel like you're seriously late for work in the morning, and 5pm feels like midnight.

@MsElenaki: There are a fair number of gentlemen in this city that hold doors for women... To them I say "way to go boys"... Cheers! #chivalry #yyc

@amandamhamilton: If you drive a white car than you're in the car wash line with me and every other white car in all of #yyc

@harmony_in_3_16: Best part of waking up? #folgers Worst part? #yyctransit

metro

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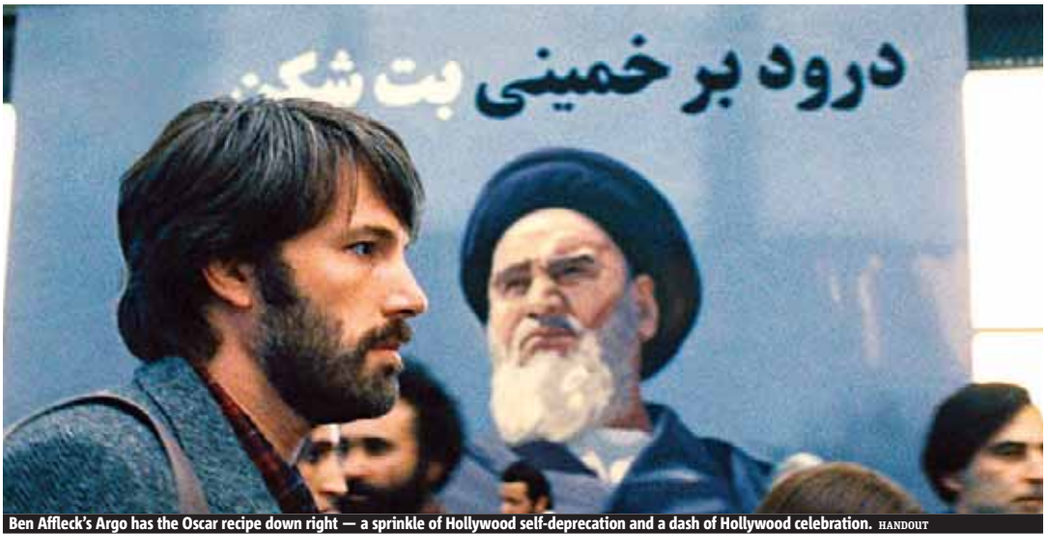
The movies that deserve some love from the golden statuette

Academy Awards. Metro's Hollywood correspondent Ned Ehrbar outlines his favourites for Oscar nominations

NED EHRBAR
Metro World News in Hollywood



Ben Affleck's Argo has the Oscar recipe down right — a sprinkle of Hollywood self-deprecation and a dash of Hollywood celebration. HANDOUT

It's never too early to start thinking about the Oscars. September marks the beginning of the season in which most of the contenders are released and we've already seen some strong candidates for the win. Here are the films I think will top every Academy member's list this year.

Argo

At this point, Ben Affleck's true-life CIA rescue thriller is pretty much a lock for a best picture nomination — and the odds-on favourite to win. The subject matter is Hollywood-friendly, poking fun at the industry while also making it heroic, and its continued box office success means it's also a popular favourite.

The Master

A likely nominee but a long shot to win, P.T. Anderson's drama suffers less from any uproar over its Scientology subtext — turns out there was no outrage — than it does from it generally leaving audiences cold. It's still a work of art, but one that won't break through with more crowd-pleasing competition.

Life of Pi

Ang Lee's ambitious, 3D behemoth is a bit of a question mark, but it will probably earn a nomination for sheer artistry. Whether audiences connect with its shipwrecked hero and animal companions, though, is yet to be seen. It could just as easily find itself facing the same uphill battle as...

Cloud Atlas

A big, messy, ambitious film that's guaranteed not to win best picture but deserves at least to be nominated, Cloud Atlas — which has so far divided critics and left audiences cold — will likely pick up a good share of technical nominations but miss winning in any of the name-brand categories, a proud tradition carried on by Inception in 2011 and Hugo in 2012.

Les Miserables

If it's about crowd-pleasing, this may give Argo its stiffest competition. Les Miserables features a rousing, power-to-the-people story, an all-star cast led by Hugh Jackman, The King's Speech director Tom Hooper and famous, tear-jerking songs. Yes, we hear the people sing.

Lincoln

Directed by Steven Spielberg. Written by Tony Kushner. Starring Daniel Day-Lewis as Abraham Lincoln. It's almost as if Lincoln was built in an Oscar bait lab. Of course, that's how Spielberg's War Horse appeared last year until people actually saw it. The difference is that Lincoln is good, and Day-Lewis is a lock for a best actor nod.

The Impossible

Depending how audiences respond, this true-life survival tale could also be tough competition for Argo. It's equal parts harrowing and uplifting, with a standout performance by Naomi Watts and a chilling recreation of the 2004 tsunami. Already a runaway success in the director's native Spain, we'll see if North Americans flip for it as well.

Beasts of the Southern Wild

While this gorgeous indie film about New Orleans bayou dwellers battling a hurricane is expected to sweep the Film Independent Spirit Awards, it's a bit more of a long shot for an Oscar nod — but a deserving one. Maybe the devastation of Superstorm Sandy will boost its relevance.

Silver Linings Playbook

This one has also been earning raves at festivals for director David O. Russell (The Fighter) and actors Robert De Niro, Bradley Cooper (as a man with a mental condition) and Jennifer Lawrence (as the woman who helps him), who has a lot of best actress heat building around her.

Skyfall

A Bond film as a best picture nominee? If ever there was a chance, it's with this one. And after all, the best picture category was expanded specifically to make room for smartly made action films like this. It's a shame The Dark Knight Rises didn't live up to its predecessor, or it might be on the Academy Award nomination list instead.

On the other side...

Animated films vie for Oscar glory

Brave, Wreck-It Ralph and Rise of the Guardians are among the animated features angling for an Oscar nomination. The motion picture academy said Friday that 21 films have been submitted for consideration in the Academy Awards' animated feature category. Dr. Seuss' The Lorax, Frankenweenie, Ice Age: Continental Drift and ParaNorman are among the high-profile movies vying for one of five nominations.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kristen Bell ALL PHOTOS GETTY IMAGES

Oh baby Bell! Kristen's carrying

They may have vowed to put off tying the knot until same-sex marriage is legal again in California, but engaged couple Kristen Bell and Dax Shepard are reportedly not waiting to start a family. Sources tell People magazine that Bell is pregnant with their first child, due in the spring. "They're so excited — they're both ecstatic. They can't wait to become parents," the source says. "Kristen had a little bit of morning sickness early on, but she just started shooting the second season of House of Lies and is feeling great now."

Bynes: I wasn't naked at the fake 'n' bake

Amanda Bynes is standing firm with her assertion that In Touch magazine's story about her parading naked around a New York tanning salon is bogus. "I'm suing In Touch for printing a fake story. I'm not 'troubled,' I don't get naked in public. I'm 26, a multimillionaire, retired. Please respect my privacy," Bynes tells Us Weekly. And it appears the tanning salon is backing up her claim. "Employee testimony and security footage have confirmed that Ms. Bynes was not acting inappropriately," Beach Bum Tanning CEO James Oliver says in a statement. "She is a long-time client and we stand by her account."

Amanda Bynes

The Word

Britney Spears: The blond Jane Austen

THE WORD
Dorothy Robinson
scene@metronews.ca

There's a trend in book publishing where a superstar gets paid buckets and buckets of cash to 'write' a book and people actually read it thinking it's the fruit of their favourite celebrity's labour (see: Snooki, Lauren Conrad, Bethenny Frankel and the Kardashian sisters). The latest to join their ranks? Britney Spears, who is reportedly in talks with It Books. That's according to The Hollywood Reporter, which writes, "Britney Spears is close to signing a book deal ... with plans to write a novel.... The story would incorporate fictionalized versions of her own experiences."

Her own experiences and not, say, a supernatural teen romance? Actually, Spears' life — spawning with a back-up dancer from Fresno, Sam Lufti, shaving her head, being under the conservatorship of her father — is on the level of Shakespeare (you know Lady MacBeth would be a former Mouseketeer if Macbeth were written nowadays).

Write from the heart, Britney! Don't let your underpaid ghostwriter tell you what's what! But in all honesty, you know if Spears wrote from the heart, the whole book would typed in Wing Dings.

David Beckham

And we're back with the Beckham show!

David Beckham may be looking to add talk show host to his list of job titles, as two different TV companies have reportedly offered him his own show, according to the Daily Star. "We want David on board whether or not he continues to play for the [L.A.] Galaxy," a source close to one of the companies, Time Warner Cable, says. "We are on our way to becoming the world's biggest sportscaster, and he is a key part of our future." Time Warner has reportedly offered him a "multimillion-dollar" contract, prompting the Fox Sports network to make an offer of their own.

Sharon Osbourne

Osbourne has double mastectomy to ward off future illness

Sharon Osbourne has revealed that she recently underwent a double mastectomy because of a genetic predisposition to develop breast cancer, she tells Hello! Magazine. "I've had cancer before, and I didn't want to live under that cloud. The odds are not in my favour," she explains. "I didn't even think of my breasts in a nostalgic way. I just wanted to be able to live my life without that fear all the time." Osbourne admits her son, Jack, becoming a father this year had a lot to do with the decision. "I want to be around for a long time and be a grandmother to Pearl," she says.

Twitter

@rihanna
Man my album is complete, and I need a f---ing drink and a roll up! It was quite the journey, but it's all part of our story!

@JimCarrey
In the near future we'll only be able to communicate through devices. Actual human contact will be outlawed by the Apple iCourt.

@lindsaylohan
my twitter was hacked, please ignore the last tweet.

@kevin_nealon
Do they have an Americatown in Bejing?

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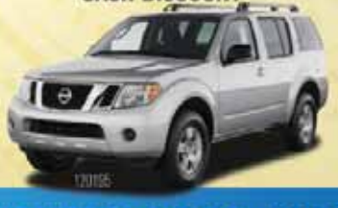

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ROMINA MCGUINNESS
Metro World News

Look familiar? CONTRIBUTED

YOUR SKIN ISSUE

Your skin is dry, itchy and sensitive. You apply layer upon layer of moisturizer in a desperate bid to make it feel soft again.

What's going on?
Winter winds and low humidity levels can physically damage the skin barrier — its natural ability to protect itself from environmental insults and maintain adequate hydration. And with age, our body loses the ability to maintain moisture. The result? Skin feels dry, flaky and itchy.

How you can fix it
Get your skin barrier in the best shape possible, says Joshua Zeichner, a dermatologist in Manhattan.

"Thicken up your moisturizer. If you use a light lotion, switch to a heavier cream or ointment. If your skin is irritated, use a cortisone cream to reduce the inflammation."

Besides water content on the skin, you have natural oils that help maintain the skin barrier. But these are easily stripped away.

"People like to take very warm showers when it's cold. They also think it's OK to over exfoliate the skin to remove dry patches. But the combination of hot water and rough scrubbing will strip the skin of its natural lubricating oils," warns Zeichner.

Instead, take short lukewarm showers and pat (don't rub) the skin.

YOUR FITNESS ISSUE

You wake up in the morning and it's cold and dark. You come home at night and it's cold and dark. Go for a run in the rain? Forget about it.

What's going on?
You want to curl up on the couch, not exercise. And the last time you cycled to the gym you got caught in a snowstorm. And you practically had a mud bath going for a run in the park.

How you can fix it
"It takes your body a little bit longer to warm up when it's cold out. Your circulation is limited, therefore the range of motion in your muscles will suffer. You'll just feel like you're moving slower than usual," Ashley Conrad, personal trainer to Hollywood movie stars Bradley Cooper and Kate Hudson, tells Metro.

Her trick? Exercise first thing in the morning.

"Wake up and workout," says Conrad. "If you can't function on an empty stomach, have a lactose-free (to avoid bloating) whey protein shake. It gives you a boost without making you feel full."

But according to celebrity trainer Harley Pasternak — whose clients include Rihanna and Lady Gaga — maintaining a stable weight year-round is crucial.

"Don't let your weight yo-yo. The last thing you want is to fatten up in winter and try to lean out in the summer."

YOUR DIET ISSUE

You're convinced all that shivering in the cold is helping you burn off thousands of extra calories. Therefore, that second chocolate bar doesn't count. Then why are you struggling to zip up your jeans?

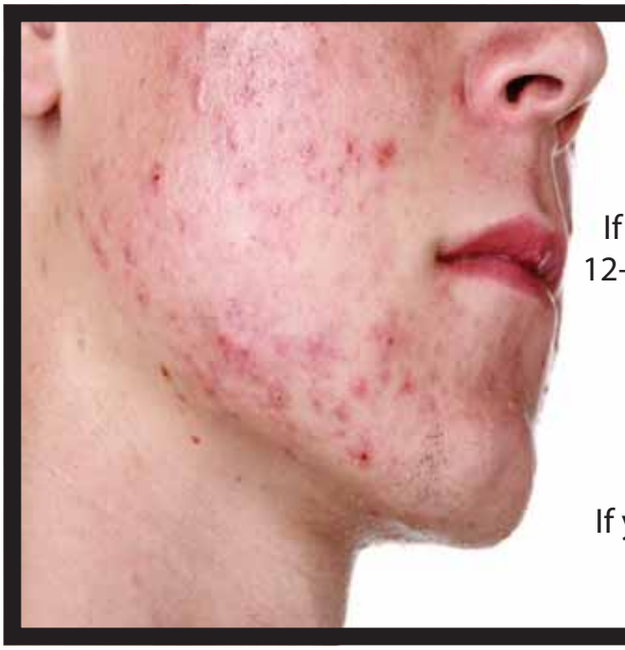
What's going on?
During the winter, cold foods like salads don't provide us with the same satisfaction as richer, heartier foods. We're more likely to crave something we feel warms us up.

How you can fix it
"Temperature does have an effect on how many calories we burn. Just think about how much you physically shake when you're outside," says Kristin Kirkpatrick, nutrition advisor and wellness manager for the Cleveland Clinic Wellness Institute.

But do we need to eat more to compensate for these few times when we're cold? Her answer is no. "Most of us rarely find ourselves in a situation where we lack the resources to warm our bodies up."

The solution? Stay active.

"If you do the same amount of exercise as in the warmer months and you're burning more calories generating heat — then yes, you may need to eat more to maintain your weight."



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Try the top 5 mood-boosting foods

"Lack of sunlight can lead to a drop in levels of the feel-good-hormone serotonin, affecting our mood and increasing the risk of depression," says nutrition advisor Kristin Kirkpatrick.

Eat one of these five foods to stay happy through these draining winter months.

1 Dark chocolate

For its ability to boost brain levels of endorphins and serotonin. In one study, scientists found that "highly stressed" individuals reported reduced stress levels after including 42.5 grams of dark chocolate in their diet for two weeks. Aim for at least 70 per cent cacao.

2 Salmon

For the omega 3 fatty acids. These may help ward off depression by increasing grey matter in three areas that tend to be smaller in people who are severely depressed.

3 Lentils

For the folate. Low folate status was detectable in depressed members of the general population.

4 Brazil nuts

For the selenium. Low levels of selenium have been associated with higher incidence of depression.

5 Cow's milk

For the whey protein. A study by Yale University researchers showed that whey increases the brain's ratio of plasma tryptophan, leading to a better mood.

There has been a lot of treatment generated through research. ISTOCK IMAGES

Improved cancer diagnostics and treatment among research projects

Prostate Cancer Canada. 'We want to eradicate prostate cancer. That is the goal.'

GILBERT NDIKUBWAYEZU
life@metronews.ca

An estimated 26,500 Canadian men are diagnosed with prostate cancer in 2012. Of that number, 4,000 will die.

Those are worrisomely staggering numbers. But at Prostate Cancer Canada (PCC), the hopes are still high that this disease, the most common cancer among Canadian men, will eventually be stamped out.

"We want to eradicate prostate cancer," said Dr. Stuart Edmonds, chief scientific officer at PCC. "That is the goal, and I think we are making progress to that goal. So we have to make sure that we are investing in the right projects to be able to do that."

Edmonds said they have been registering great progress in reducing the number of deaths caused by prostate cancer over the years.

PCC is supporting various research projects aiming at getting better diagnostics for prostate cancer and as a result, there is an increase in survivorship, he said.

The other aspect of research, he said, is directed at dealing with the side-effects of treatment to prostate cancer.

These side-effects include erectile dysfunction, loss of fertility and side-effects of chemotherapy.

"It can be very tough for men to experience," he said.

These research programmes are geared at supporting guys who are on their journey to post treatment.

Online

For more information on prostate research or to make a donation to research, visit movember.com

Some of the treatment procedures for prostate cancer can be challenging too, he said, citing surgery as the main treatment.

He said it requires a lot of attention and care to treat prostate alone and actually not damaging another tissue around it.

He added that there has been a lot of good treatment that has been generated through research, seeking to take care of the prostate much more effectively.

That is the case for robotics or image guidance surgeries (using image to detect where the prostate begins and ends) and radiation therapy.

Despite all the progress in research, Edmonds acknowledged that a lot still needs to be done in the fight against prostate cancer.

"I think there is still a lot we need to know; I think we don't know enough about the cause of prostate cancer, and so preventing it is challenging without knowing the cause," he said.

PCC funds research projects from various universities and hospitals across the country.

The selection of research proposals to fund is done through rigorous parity process headed by experts.

"We want to make sure that we fund the best research," he said, adding that the proposals need to be seen as having the potential to make the greatest impact on prostate cancer.

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Jazzed-up rice pilaf makes side dish the main event

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This wild-and-brown-rice pilaf with dried fruits and pecans is amazingly versatile. I serve it as a side salad at meals, put it on a buffet table or use it to stuff roasted chicken or turkey. Very little oil is needed because of the flavours in the salad.

1. Combine the wild and brown rice with the stock in a saucepan. Bring to a boil. Reduce the heat to a simmer, cover and cook for 35 to 40 minutes, or just until the rice is tender. Drain off the excess liquid. Place the rice in a large serving bowl and set aside to cool.

2. Stir the pecans, green onion, cranberries, apricots and cilantro into the cooled rice.

3. Whisk the olive oil, juice concentrate, lemon juice, soy sauce, vinegar, sesame oil and garlic together in a small bowl. Pour the dressing over the salad and toss to coat.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 3/4 cup wild rice
- 3/4 cup brown rice
- 4 cups vegetable or chicken stock
- 1/2 cup chopped pecans, toasted
- 1/3 cup chopped green onion
- 1/3 cup dried cranberries
- 1/3 cup dried chopped apricots
- 1/3 cup chopped cilantro or parsley
- 1 tbsp olive oil
- 1 tbsp orange juice concentrate, thawed
- 1 tbsp freshly squeezed lemon juice
- 2 tsp low-sodium soy sauce
- 2 tsp raspberry or balsamic vinegar
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic

Health solutions

Get squashed this winter

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Squash and zucchini are from the same family. Did you know that? We think of zucchini as a pulpy cousin of cucumber rather than the summer version of squash.

Winter squash varieties are the mature fruit (yes, fruit) of the same vine-grown side dish.

The key difference is the seed size and edibility, plus whether or not you eat the skin. Winter squash varieties range from butternut and acorn to Hubbard and pumpkin.

Visit a farmers' market and enjoy shapes and sizes that will dazzle your eyes and your tongue.

Cooking is simple. All varieties can be halved, scooped of seeds, roasted until soft and cut side down in a roasting pan with a 1/4 inch of water. Flip the cut side up for the last 10 minutes and brush with butter or oil and a dash of cinnamon and garlic.

It couldn't be simpler to add to your diet. A single cup of the stuff includes approximately:

- **23 per cent of your fibre needs**
- **214 per cent of your vitamin A needs**
- **33 per cent of your vitamin C needs**
- **14 per cent of your potassium needs**

For a fun option, pick up a spaghetti squash and bake it whole for about an hour. Slice and scoop out the seeds and then pull threads with a fork from the skin and drizzle with extra virgin olive oil, fresh minced garlic and grated Parmesan cheese. Who needs all the carbs of pasta?

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Give squash new life with spicy peanut coating

The trouble with butternut squash is that we tend to be pretty unimaginative in how we prepare it. As such, the results often are fairly lacklustre. Most people just steam and mash it, giving it the appearance of mashed potatoes. Others go for roasting.

Here is a recipe that effortlessly delivers tons of flavour and a nice presentation without a ton of effort.

To get those results, turn to a relatively new ingredient — powdered peanut butter.

It appeared on the market several years ago, but only now is getting any attention.

It is exactly as it sounds — peanut butter that has had nearly all of the fat extracted. The resulting fine powder has deep, rich peanut flavour, but can be used in ways conventional peanut butter cannot, such as in dry spice rubs.

Mixed with a handful of seasonings, the powdered peanut butter creates a rich flavouring that works well with the natural sweetness of the squash.

To find powdered peanut butter, check the natural foods aisle at the grocery store. If you strike out, get online. It's widely available from web retailers.

1. Heat oven to 350 F. Coat 2 rimmed baking sheets with cooking spray.

2. Cut peeled and seeded squash into bite-size pieces, then place in large bowl. Drizzle squash with olive oil, then toss to coat evenly. Set aside.

3. In a small bowl, mix together the powdered peanut butter, garlic powder, smoked paprika, chili powder, cumin, salt and pepper. While using a silicone spatula to toss the squash, sprinkle the seasoning mixture over it, continuing to toss until all of the squash is well coated.

4. Transfer the squash to the prepared baking sheets, using the spatula to scrape the oil and seasonings from the bowl. Arrange the squash in an even layer, then roast for 25 minutes. Use a spatula to flip the squash, then roast for another 20 minutes, or until lightly browned and tender.

THE ASSOCIATED PRESS

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 5 lb butternut squash, peeled and seeded
- 1/4 cup olive oil
- 1/2 cup powdered peanut butter
- 1 tbsp garlic powder
- 2 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp kosher salt
- 1/2 tsp ground black pepper

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Is it rude?

Feeling at home with my friend's fridge

Dear Charles the Butler: When I go to my best friend's home, I never hesitate to go into their refrigerator and help myself to get something to drink. My husband says that this is absolutely not done and is rude and I must stop. I grew up in a big family where this was normal. What do you think?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I'm sorry to say, but I am definitely on your husband's side on this one. A best friend who you see all of the time is one thing, but going into their refrigerator and just helping yourself is plain wrong. What if you eat something they are preparing for dinner later that night? What if you eat something that is a leftover that they are saving for a midnight snack?

Even though my mother has never said no to me, and I haven't lived at home for the last 25 years, I still always ask if she minds if I can have something — food or beverage — from her refrigerator.

I want to make sure my mom isn't saving the food for anything.

For me, it's just a matter of politeness.

Being casual with a friend's fridge is not polite. ISTOCK

Does your facial hair define you?

When it comes to men's hair, Canadian women have opinions. According to a new survey by Match.com, 62 per cent of single Canadian women are most attracted to clean-shaven men. Sixteen per cent liked men with stubble and only eight per cent of women liked a man with a moustache.

Match.com found a significant difference between the dating styles of Canadian men depending on the facial hair they wear.

Do these celebrities fit their faces?

The moustache: The lover

- Moustached singles are more likely than any other men to pucker up before they say good night. Almost half will kiss on the first date.
- Tom-Selleck-inspired men are the most likely to believe age is just a number. Seventy-eight per cent would consider dating someone 10 years younger than them.

The goatee: The adventurer

- Of all men, gentlemen with goatees are most likely to have experienced a one-night stand — a whopping 75 per cent have pulled a one-nighter.
- Men with goatees spend more on a first date than any other; one third (33 per cent) will dish out more than $80 on a first date.

The beard: The shy guy

- Bearded Canadian men are least likely to have asked someone out in the last year — only 16 per cent have popped the question.
- They're also least likely to have had sex in the past year. Thirty per cent of bearded men have gone without.

The five o'clock shadow: The romantic

- Eighty-five per cent of men with stubble are most likely to have experienced love at first sight.
- However, they're also most likely to think about sex on a daily basis. Fifty-three per cent think about sex several times a day.

The clean shaven: The gentleman

- Are old-fashioned. The majority of clean-shaven men, 65 per cent, believe sex on a first date is a no-no.
- Exactly half of smooth-faced Canadians believe it doesn't matter who initiated the date, the man should pay.

Cutting kids' screen time is an uphill battle

New study. Results of survey are not promising, but there is hope in winning fight against kids' obsessive viewing habits, obesity

Children who spend too much time glued to the TV or computer are at risk of obesity and delayed development, but researchers say finding ways to help busy parents limit kids' screen time is no easy task.

"Making lasting behavioural changes, like cutting back on screen time, can be a challenge for people of all ages," says Dr. Catherine Birken, a pediatrician and researcher at Toronto's Hospital for Sick Children.

Birken headed a study that tested the effectiveness of a physician-based intervention, in which parents were counselled about ways to reduce TV time as part of their three-year-old child's visit to the doctor.

In the study of 160 families, published Monday in the journal Pediatrics, parents were randomly selected so that half received the 10-minute counselling session, while the remaining half were given a talk about Internet safety for youngsters.

The counselling session in the first group gave parents information about the adverse effects for children from too much TV-watching. It offered strategies to reduce screen time, such as removing the TV from the child's bedroom, eating meals away from the television and alternative activities for their preschooler.

When the outcomes were measured one year later, researchers hoped the doctor-delivered intervention might have cut the overall amount of TV a child was watching. They also wanted to see if counselling had led to a lower body mass index, or BMI, in the children and fewer meals and snacks eaten in front of the television.

Dr. Catherine Birken is a pediatrician at the Hospital for Sick Children in Toronto. THE CANADIAN PRESS

Sound advice

"Get them young, get them early before behaviours are established."
Dr. Catherine Birken

"We were not successful in reducing screen time overall and we were not successful in reducing BMI," said Birken.

"But we did find an impact on reducing the number of meals in front of the TV, by about two meals per week," she said. While the amount is not huge — on average, kids eat about two meals per day, or 14 per week, while watching the tube — Birken said the reduction shows counselling parents has some positive effect, at least when it comes to preschoolers.

Birken encourages parents to instil good habits in your child when they are in preschool because parents are better able to control how much TV their child watches and to encourage healthy eating and physical activity.

"I think that the promise of focusing on young children is that all the research is showing that to develop and maintain good, healthy lifestyles, you need to start early, you need to start with families. Get them young, get them early before behaviours are established and focus on the multiple factors that improve health and growth."

THE CANADIAN PRESS

No such thing as a joint RRSP account

Alison on money.
Best not to bank on this advice

YOUR MONEY
Alison Griffiths
money@metronews.ca

I have just uncovered a dastardly plot. Here's how it unfolded.

A recently married couple in their late 30s happened to be doing some banking together. The financial advisor at the branch where they both had accounts made a suggestion.

She recommended they merge their RRSPs in order to save on administration fees.

But there is no such thing as a joint RRSP account.

There are spousal accounts opened by the higher income earner. Deposits are made for the benefit of the person whose name is on the account and the contributor gets the tax deduction.

After a little digging, the light dawned. Turns out the wife has an RRSP at the branch level of the bank. As is the case with most such investment accounts, she is only able to invest in the bank's own mutual funds and GICs.

The husband has his RRSP at the brokerage arm of the bank and has access to virtually all investments, including exchange traded funds (ETFs), mutual funds, stocks and bonds.

The bank advisor wants him to transfer his brokerage RRSP to the bank.

But the result for the husband would be moving from lots of choice to little choice.

And if he owns anything but the bank's own mutual funds, he'll have to sell them and re-invest in funds recommended by the advisor.

He might also end up paying deferred sales charges on mutual funds purchased in the last six years and/or trading fees. And he won't save a dime on administration fees.

All of this is very good for the advisor — increased client base, more fees and higher profits for the bank on products sold.

But it is very bad for the husband.

This couple is contemplating the advisor's suggestion because they want to simplify their finances. But they don't really understand the recommendation or the ramifications. I understand they want some financial guidance, but investment advice at the branch level is really just sales.

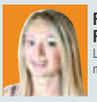
The couple will receive boilerplate type recommendations and no independent analysis.

Instead, I suggest they move her RRSP to the brokerage and spend the next little while educating themselves about investing while looking for an independent, preferably fee-for-service, advisor.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Gross national happiness

Is frugality a measure of happiness?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I attended the Banff Mountain Film and Book Festival last Thursday evening and had the privilege of hearing David Suzuki speak.

Suzuki shared the floor with Dasho Kinley Dorji, secretary of communication and information for the Himalayan country of Bhutan. The subject of their discussion was to understand Bhutan's movement away from economic measures like Gross Domestic Product (GDP), used to determine the productivity and success of a country, toward Gross National Happiness (GNP), how content and fulfilled the people of Bhutan truly are.

What became clear during Suzuki and Kinley's discussion was that in Western society we spend a significant amount of time producing, earning and buying more, but, generally speaking, striving for more money and fancier possessions doesn't make Westerners happy.

According to Kinley, happiness is found in being content, whatever a person's context is.

Suzuki elaborated by reflecting on lessons from his upbringing. For example: Live within ones' means, avoid wastefulness, find value in non-material aspects of life like maintaining one's culture and investing in relationships, consider the future for yourself and others and find contentment in what we have rather than over-consuming in the hopes of filling voids of happiness in our lives.

Their comments can be directly correlated to frugal living and commitment to environmental sustainability. Additionally, studies of North Americans have shown that frugality is linked to lower levels of stress and anxiety, ultimately contributing to a happier life.

Want greater happiness for your life? Take Suzuki and Kinley's advice.

Right-size your lifestyle to your budget. If you're going broke just to keep up with the Jones's, stop. Adjust your lifestyle to avoid layering on unnecessary debt and stress. This might mean moving to a smaller home or driving a less expensive car. Living within your means involves sticking within a budget and spending less than you make.

Adjust your lifestyle to avoid layering on unnecessary debt and stress. ISTOCK IMAGES

Be resourceful. Find ways to conserve energy and reduce waste. For example, walk rather than drive or buy high quality used furniture that doesn't break. Find ways to stretch out the lifespan of products you use and when you're finished with them, recycle.

Focus your time and money on things that truly matter. Over-consumption won't make you happy, so focus your efforts on preserving your environment, investing in relationships, and building a secure financial future; all of which will allow you to create a fulfilling life.

Though happiness isn't measured nationally here in Canada, perhaps we should adopt it on a personal level. What does happiness mean to you?

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THE MBA TOUR PHOTO

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Get the answers you need by attending an upcoming MBA Tour event near you.

"The MBA Tour is for serious candidates wanting more information about masters programs from top business schools — information not found on school websites," says Peter von Loesecke, CEO and managing director, The MBA Tour Inc. "It offers you opportunities to discover what a graduate business program can do for you."

The MBA Tour's panel sessions and presentations will help you select a university suitable to your needs, lifestyle, and career goals. Conducted by representatives of the business schools themselves, these forums give you a chance to interact directly with the men and women behind the admissions process. Not only will you learn about schools, you will learn how to package yourself as a highly desirable business school candidate.

"My advice is simple," Von Loesecke says. "Ensure that the programs you learn about at our event are the ones that can help provide the opportunities you're looking for upon graduation."

The MBA's Tour's advisory board makes that easier — screening schools ahead of time to ensure you receive top-quality information from the best sources. This is your chance to get the feedback you need.

The MBA Tour stops at Calgary's Metropolitan Convention Centre on Nov. 15, between 3:30-8:30 p.m. To learn more about the event, visit thembatour.com.

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"We offer a dual degree program, where students receive an MBA degree from Vancouver Island University and a master of science in international business degree from the University of Hertfordshire, a public university in the U.K.," says Brock Dykeman, director, MBA programs for Vancouver Island University.

"The whole program has an international focus."

This dual Canadian/British program is designed to prepare students to become managers in Canadian businesses.

These businesses are operating in an increasingly global business world, where the company may be foreign owned, or the business may be export or import based, and the workforce may have come from many different countries.

"International business is the real focus of our program and students will be studying with students from around the world," Dykeman says.

For non-business graduates, the program is 12 to 14 months in the classroom, or 10 to 12 months for business graduates.

The course work is followed by a four-month internship, which can be done anywhere, including returning to your current employer.

VIU offers small class sizes and close relationships to professors.

For more about the MBA programs available at VIU, visit viu.ca/mba, or contact Brock Dykeman at brock.dykeman@viu.ca or 250-740-6178.

VANCOUVER ISLAND UNIVERSITY PHOTO

Calgary Stampeders quarterback Drew Tate throws the ball in November 2011 against the Winnipeg Blue Bombers in Calgary. Stampeders coach and general manager John Hufnagel is expected to announce on Tuesday whether Tate or Kevin Glenn will start at quarterback in Sunday's West semifinal. JOHN WOODS/THE CANADIAN PRESS FILE

Tate or Glenn? Coach to end QB speculation

CFL. Hufnagel shuns QB committee, says whoever starts game will have opportunity to finish it

Better to end speculation than keep the Saskatchewan Roughriders guessing for a few more days, says Calgary Stampeders head coach and general manager John Hufnagel.

Hufnagel intends to name his starting quarterback on Tuesday to minimize distraction for the Stampeders before Sunday's CFL West semifinal at McMahon Stadium.

"I think it's better we address it and make people aware, make everybody aware, so there's not this constant talk about it and we can concentrate on the important things," Hufnagel said on Monday.

The semifinal winner moves on to the West final on Nov. 18 in Vancouver against the B.C. Lions.

So will it be Drew Tate for the Stampeders against Saskatchewan? The 28-year-old from Baytown, Texas, started the season as Calgary's undisputed No. 1.

A shoulder dislocation of his non-throwing arm in his second regular-season game, and subsequent surgery, sidelined Tate for 14 of 18 games.

Or will it be the 33-year-old workhorse Kevin Glenn, who was acquired in the off-season as insurance behind Tate? Glenn threw for 4,220 yards and 25 touchdowns as Calgary posted a 9-5 record in Tate's absence.

"I don't understand why there's so much hype," Hufnagel mused to reporters. "I have two quarterbacks on my football team that can win football games in the Canadian Football League. I'm confident either one can get the job done.

"It's a position of strength on our football team. If you're asking me whether I'm looking at a two-quarterback scenario, no. Whoever is the starter will have the opportunity to play that whole game and finish it. I will make a change as I've always had if I thought a change was needed."

The Stampeder players had Monday off and return to the field Tuesday.

THE CANADIAN PRESS

QB depth

That Hufnagel has a choice between Tate and Glenn is surprising.

- When Tate opted for surgery in July, he wasn't expected to return before the post-season.
- But he recovered quicker than planned and played portions of the final two games of the regular season, showing no indication he'd returned to action prematurely.

CFL

Former CFL coach Matthews says he has cancer

Don Matthews, one of the CFL's most successful head coaches, says he has cancer in his lymph nodes.

Matthews released a statement on Monday saying he will not be participating in any of the festivities surrounding the 100th anniversary of the Grey Cup as he prepares for his fight with the disease.

"I've got this and I'm dealing with this. But I want everyone to know I plan to fight like hell and I intend to be playing golf at this time next year," Matthews said in the statement released by the Toronto Argonauts.

THE CANADIAN PRESS

Don Matthews
TORSTAR NEWS SERVICE FILE

Tennis

Nestor, Mirnyi win ATP doubles opener

Canadian Daniel Nestor and Belarusian partner Max Mirnyi struggled to win their opening match at the ATP World Tour Finals on Monday, defeating Swede Robert Lindstedt and Horia Tecau of Romania 4-6, 7-6 (1), 12-10.

Nestor and Mirnyi will split up at the end of the week. Nestor, 40, will play in 2013 with Indian Mahesh Bhupathi.

THE CANADIAN PRESS

NHLPA source still sees lots of hurdles in talks

With optimism rising that a deal to save the NHL season could be within reach, a player on the NHLPA bargaining committee told the Torstar News Service the sides were still quite far apart.

The player, who requested anonymity, said the league still hasn't put anything on paper regarding what appears to be the make-or-break issue: That owners pay players their salaries in full.

"If the league wants to take responsibility (for player contracts) in this 'make whole' thing, then we have something to talk about," the player told the Torstar News Service.

"We'll see. We've seen a lot of BS in this process so far. If the owners do take responsibility, then there's movement. But the way this thing has gone so far, we (the players) wouldn't be surprised if they don't.

"Right now, there's nothing on paper. Hopefully (Tuesday) we see something on paper and we go from there."

As talks to save the NHL season reach a critical stage — the sides were set to meet on Tuesday in New York — the fact bigwigs have kept a low profile with no shots of rhetoric aimed across each other's bow had been seen as a sign of hope.

Quoted

"If this round is serious and if it's not successful, then you really are looking at some version of Armageddon."

Queen's University labour lecturer and former management-side negotiator George Smith on the importance of this week's NHL negotiations

"I think that's the first positive sign that there's some movement toward trying to find a solution, that maybe something could be done without costing the season," said Buzz Hargrove, former president of the CAW and ex-ombudsman of the NHLPA.

Queen's University labour lecturer George Smith TORSTAR NEWS SERVICE

"I can see talks are more urgent," said George Smith, a labour lecturer at Queen's University in Kingston, Ont., and former management-side negotiator. "They've each fired off their cannons. Players are in Europe. The owners cancelled the Winter Classic.

"It's like, 'Wow, we've run out of ammunition. We better see if we can do this.'"

Donald Fehr, executive director of the NHLPA, and his brother Steve, the union's special counsel, were expected in New York on Tuesday for face-to-face bargaining with representatives of the league.

TORSTAR NEWS SERVICE

Saints the victors in battle of desperate teams

NFL. Eagles lose despite being eighth straight team to put up more than 400 yards on New Orleans

New Orleans Saints defensive end Will Smith tackles Philadephia Eagles quarterback Michael Vick on Monday in New Orleans. The Saints won 28-13. PAUL KIEU/THE LAFAYETTE DAILY ADVERTISER/THE ASSOCIATED PRESS

Drew Brees and the New Orleans Saints picked up a much-needed win.

For Michael Vick and the Philadelphia Eagles, more misery.

Brees threw two touchdown passes, extending his NFL record streak to 51 games, and Patrick Robinson returned an interception 99 yards for a score to lead the Saints to a 28-13 win over the reeling Eagles on Monday night.

New Orleans (3-5), which bounced back from a dismal 34-14 loss at Denver, also got a 22-yard touchdown run from Chris Ivory.

The Eagles (3-5) lost their fourth straight, which is sure to keep the heat on Vick and embattled coach Andy Reid. Vick threw a 77-yard touchdown pass to DeSean Jackson in the third quarter, but that was about the only highlight for the visiting team, which saw Vick sacked seven times.

Not that they didn't have their chances. The Eagles had first-and-goal four times and managed only two field goals by Alex Henery. In fact, they were outscored in those situations, with Robinson going the other way for a touchdown just when it looked like Philadelphia was on the verge of scoring.

Rubbing salt in the wound, Philadelphia squandered a chance to get back in the game with a brilliant trick play on a kickoff return. Riley Cooper laid flat in the end zone, unseen by the Saints, then popped up to take a cross-field lateral from Brandon Boykin.

Cooper streaked down the sideline for an apparent touchdown. Only one problem — Boykin's lateral was actually a forward pass by about a yard, ruining the play with a penalty. Cooper stood with his hands on his hips, in disbelief, as the officials brought it back.

THE ASSOCIATED PRESS

Monday Night Football

Saints	Eagles
28	13

NBA

Knicks make it a 3-0 start to season

Carmelo Anthony scored 21 points and J.R. Smith had 17 to lead the New York Knicks to a 110-88 win over the Philadelphia 76ers on Monday night.

Raymond Felton scored 16 points and Tyson Chandler had 14 to lead the Knicks to their first 3-0 start since the 1999-2000 season. The Knicks beat the Sixers 100-84 on Sunday in the opener of the home-and-home series.

The Knicks busted the game open in the third quarter, stretching the lead to 21 points. They got a surprising third from 38-year-old Rasheed Wallace, who scored eight points and hit a couple of 3-pointers, including a 26-footer at the buzzer to end the quarter.

THE ASSOCIATED PRESS

MLB. Ortiz hoping to be part of solution in Boston

David Ortiz got what he wanted a lot easier than he ever expected.

Ortiz, the face of the Red Sox since helping Boston end an 86-year World Series drought in 2004, finalized a $26-million US, two-year contract on Monday, a deal that could be worth up to $30 million if he avoids another significant Achilles-tendon injury next year.

The soon-to-be 37-year-old had expressed his preference for a two-year deal the past two seasons. The club decided that keeping him and agreeing to his desire was a good first move this off-season.

"I don't think there was any doubt," he said during a Fenway Park news conference. "They approached me this year and our negotiation this year was easier than ever. They know what they were looking for. There wasn't even ever a back-and-forth situation. It was pretty much, 'This is it and let's agree with it.' They know the pieces they need to put together to be successful this year."

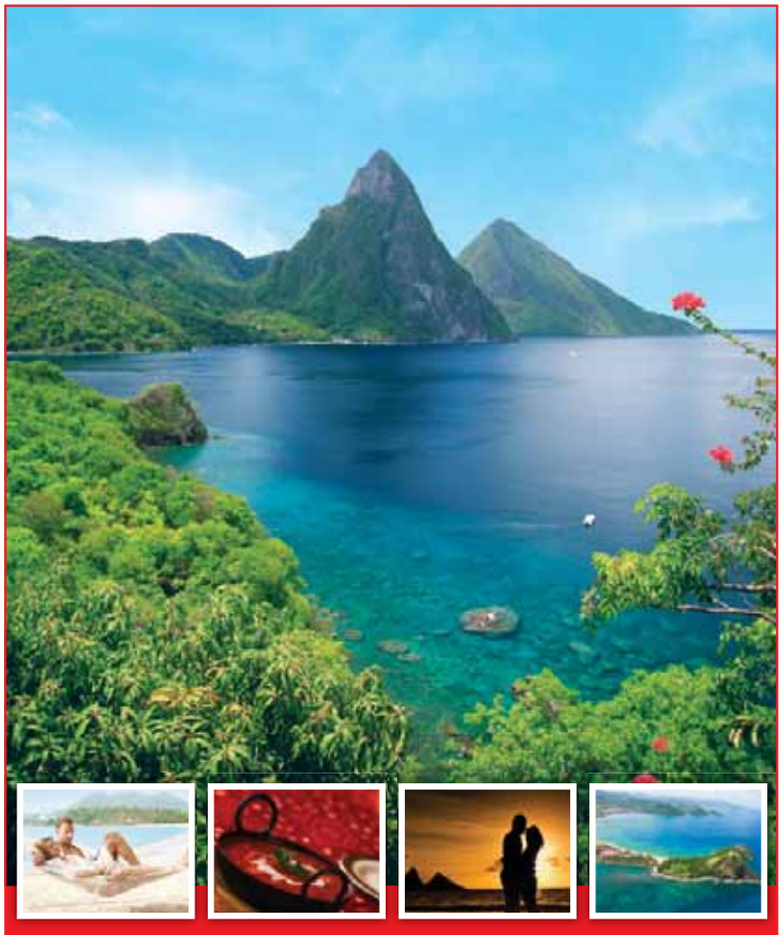
Ortiz gets a $1-million signing bonus payable on Jan. 15 and salaries of $14 million next season and $11 million in 2014.

THE ASSOCIATED PRESS

Quoted

"I'm a person that likes to get prepared for a challenge.... It's very painful to see what we went through this season."

Red Sox designated hitter David Ortiz



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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	3	0	1.000	—
Milwaukee	2	0	1.000	½
Orlando	2	0	1.000	½
Miami	3	1	.750	½
Chicago	2	1	.667	1
Charlotte	1	1	.500	1½
Atlanta	1	1	.500	1½
Brooklyn	1	1	.500	1½
Indiana	2	2	.500	1½
Cleveland	1	2	.333	2
Boston	1	2	.333	2
Philadelphia	1	2	.333	2
Toronto	1	2	.333	2
Washington	0	2	.000	2½
Detroit	0	3	.000	3

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	4	0	1.000	—
Dallas	3	1	.750	1
L.A. Clippers	2	1	.667	1½
Golden State	2	1	.667	1½
Minnesota	2	1	.667	1½
Houston	2	1	.667	1½
Memphis	2	1	.667	1½
New Orleans	2	1	.667	1½
Portland	2	2	.500	2
Oklahoma City	1	2	.333	2½
Utah	1	3	.250	3
L.A. Lakers	1	3	.250	3
Phoenix	1	3	.250	3
Sacramento	0	3	.000	3½
Denver	0	3	.000	3½

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
Dallas 114 Portland 91
Memphis 103 Utah 94
Miami 124 Phoenix 99
Minnesota 107 Brooklyn 96
New York 110 Philadelphia 88
San Antonio 110 Indiana 79
Golden State at Sacramento
Cleveland at L.A. Clippers

Sunday's results
New York 100 Philadelphia 84
Toronto 105 Minnesota 86
Orlando 115 Phoenix 94
Atlanta 104 Oklahoma City 95
L.A. Lakers 108 Detroit 79

Tuesday's games
All Times Eastern
Toronto at Oklahoma City, 8 p.m.
Orlando at Chicago, 8 p.m.
Detroit at Denver, 9 p.m.

Wednesday's games
Phoenix at Charlotte, 7 p.m.
Washington at Boston, 7:30 p.m.
Brooklyn at Miami, 7:30 p.m.
Indiana at Atlanta, 7:30 p.m.
Memphis at Milwaukee, 8 p.m.
Orlando at Minnesota, 8 p.m.
Philadelphia at New Orleans, 8 p.m.
Denver at Houston, 8 p.m.
Toronto at Dallas, 8:30 p.m.
L.A. Lakers at Utah, 9 p.m.
Detroit at Sacramento, 10 p.m.
Cleveland at Golden State, 10:30 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

Thursday's games
Oklahoma City at Chicago, 8 p.m.
L.A. Clippers at Portland, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	26	32	10
St. John's	11	5	6	0	0	24	34	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	9	6	1	0	2	33	17	14
Bridgeport	8	5	3	0	0	25	27	10
Connecticut	9	4	4	1	0	31	37	9
Adirondack	9	4	5	0	0	23	30	8
Albany	8	2	5	0	1	15	20	5

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Norfolk	8	6	2	0	0	30	21	12
Syracuse	8	5	1	1	1	29	26	12
Binghamton	9	4	4	1	0	22	27	9
Hershey	9	4	4	1	0	26	26	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	36	29	14
Rochester	10	6	3	1	0	39	35	13
Hamilton	8	4	2	1	1	21	24	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Chicago	10	6	3	1	0	28	29	13
Rockford	10	5	4	0	1	30	30	11
Grand Rapids	10	4	4	1	1	32	33	10
Milwaukee	9	4	5	0	0	21	24	8
Peoria	9	2	5	1	1	13	31	6

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	10	7	2	0	1	40	24	15
Houston	10	5	3	1	1	35	28	12
Oklahoma City	10	5	4	0	1	31	31	11
San Antonio	9	4	4	0	1	19	22	9
Texas	8	3	5	0	0	16	27	6

Note: Two points awarded for a win, one for an overtime or shootout loss.

Monday's results
No Games Scheduled.

Sunday's results
W-B/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Charlotte 4 Chicago 1
Providence 3 St. John's 0
San Antonio 2 Oklahoma City 0
Grand Rapids 2 Houston 1 (SO)
Springfield 10 Connecticut 2

Tuesday's game
All Times Eastern
Chicago at Charlotte, 7 p.m.

Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at W-B/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.

Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

TENNIS

ATP WORLD TOUR CHAMPIONSHIPS

At London, England
Monday's results
ROUND ROBIN
Singles
Group A
Novak Djokovic (1), Serbia, def. Jo-Wilfried Tsonga (7), France, 7-6 (4), 6-3.
Andy Murray (3), Britain, def. Tomas Berdych (5), Czech Rep., 3-6, 6-3, 6-4.
Standings: Djokovic 1-0 (sets 2-0), Murray 1-0 (2-1), Berdych 0-1 (1-2), Tsonga 0-1 (0-2).
Doubles
Group A
Marcel Granollers and Marc Lopez (6), Spain, def. Bob and Mike Bryan (1), U.S., 7-5, 5-7, 11-9.
Standings: Granollers-Lopez 1-0 (2-1), Paes-Stepanek 0-0 (0-0), Qureshi-Rojer 0-0 (0-0), Bryan-Bryan 0-1 (1-2).
Group B
Max Mirnyi, Belaruus, and **Daniel Nestor (2), Toronto**, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 4-6, 7-6 (1), 12-10.
Standings: Mirnyi-Nestor 1-0 (2-1), Bhupathi-Bopanna 0-0 (0-0), Marray-Nielsen 0-0 (0-0), Lindstedt-Tecau 0-1 (1-2).

TRANSACTIONS

BASEBALL

COMMISSIONER'S OFFICE — Suspended L.A. Dodgers RHP Jose Dominguez 25 games and free agent RHP Emerson Martinez and free agent SS Luis Valenzuela 50 games for violations of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE

BOSTON RED SOX — Agreed to terms with DH David Ortiz on a two-year contract.
N.Y. YANKEES — Claimed C Eli Whiteside off waivers from San Francisco.
SEATTLE MARINERS — Agreed to terms with LHP Oliver Perez on a one-year contract.

NFL

CAROLINA PANTHERS — Claimed LB Jason Williams off waivers from Philadelphia. Waived CB Ron Parker.
KANSAS CITY CHIEFS — Announced coach Romeo Crennel relieved himself of defensive co-ordinator duties. Waived CB Stanford Routt. Signed DT Shaun Smith. Named Gary Gibbs defensive co-ordinator.
NEW YORK JETS — Signed LB D.J. Bryant and RB John Griffin to the practice squad.
TAMPA BAY BUCCANEERS — Traded CB Aqib Talib to New England for a 2013 fourth-round draft pick.

NHL

ST. LOUIS BLUES — Reassigned F Cody Beach from Peoria (AHL) to Evansville (ECHL).

AHL

BRIDGEPORT SOUND TIGERS — Returned G Kenny Reiter to Fort Wayne (ECHL).
PEORIA RIVERMEN — Loaned D Brent Regner to Evansville (ECHL).
SPRINGFIELD FALCONS — Assigned G Mike Clemente to Missouri (CHL).

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	18	11	7	0	478	489	22
Toronto	18	9	9	0	445	491	18
Winnipeg	18	6	12	0	376	531	12
Hamilton	18	6	12	0	538	576	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	18	13	5	0	479	354	26
Calgary	18	12	6	0	535	430	24
Saskatchewan	18	8	10	0	457	409	16
Edmonton	18	7	11	0	422	450	14

Saturday's results
B.C. 17 Saskatchewan 6
Winnipeg 19 Montreal 11
End of 2012 CFL Regular Season
Friday's result
Calgary 30 Edmonton 27
Thursday's result
Toronto 43 Hamilton 40

PLAYOFFS

Sunday, Nov. 11
DIVISION SEMIFINALS
Byes: B.C., Montreal
East Division
Edmonton at Toronto, 1 p.m.
West Division
Saskatchewan at Calgary, 4:30 p.m.
Sunday, Nov. 18 — All Times Eastern
DIVISION FINALS
East Division
Semifinal Winner at Montreal, 1 p.m.
West Division
Semifinal Winner at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto
East vs. West Winners, 6 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	47	44	8	187
Paredes, Cal	0	49	40	1	170
Congi, Ham	0	49	40	2	171
Whyte, Mtl	0	50	33	9	158
Palardy, Wpg	0	31	39	6	154
Shaw, Edm	0	40	32	11	147
Waters, Tor	0	29	32	7	132
DeAngelis, Sask	0	26	30	2	118
x-C.Williams, Ham	15	2	0	0	92
Dressler, Sask	14	0	0	0	84
Cornish, Cal	13	0	0	0	78
Sheets, Sask	13	0	0	0	78
Harris, BC	11	0	0	0	66
x-Lewis, Cal	10	2	0	0	62
Milo, Sask	0	16	11	12	61
McPherson, Mtl	9	0	0	0	54
Whitaker, Mtl	9	0	0	0	54
x-Fantuz, Ham	8	6	0	0	54
Charles, Edm	8	0	0	0	48
Stamps, Edm	8	0	0	0	48
Walker, Ham	8	0	0	0	48
x-Matthews, Wpg	7	4	0	0	46
Brink, Wpg	7	0	0	0	42
Prefontaine, Tor	0	5	10	4	39
Grant, Ham	6	0	0	0	36
C.Koch, Edm	6	0	0	0	36
Owens, Tor	6	0	0	0	36
V.Anderson, Mtl	5	0	0	0	30
Boyd, Tor-Edm	5	0	0	0	30
Bruce, BC	5	0	0	0	30
Durie, Tor	5	0	0	0	30
Gore, BC	5	0	0	0	30
Iannuzzi, BC	5	0	0	0	30
Inman, Tor	5	0	0	0	30
Kackert, Tor	5	0	0	0	30

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	4	0	.429	120	155
Dallas	3	5	0	.375	150	181
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	0	0	1.000	220	143
Tampa Bay	4	4	0	.500	226	185
New Orleans	2	5	0	.286	190	216
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

WEEK NINE

Monday's result
New Orleans 28 Philadelphia 13

Sunday's results
Detroit 31 Jacksonville 14
Chicago 51 Tennessee 20
Denver 31 Cincinnati 23
Houston 21 Buffalo 9
Indianapolis 23 Miami 20
Carolina 21 Washington 13
Green Bay 31 Arizona 17
Baltimore 25 Cleveland 15
Tampa Bay 42 Oakland 32
Seattle 30 Minnesota 20
Pittsburgh 24 N.Y. Giants 20
Atlanta 19 Dallas 13

Thursday's results
San Diego 31 Kansas City 13

WEEK 10

Thursday's game — All Times Eastern
Indianapolis at Jacksonville, 8:20 p.m.

Sunday, November 11
N.Y. Giants at Cincinnati, 1 p.m.
Denver at Carolina, 1 p.m.
San Diego at Tampa Bay, 1 p.m.
Tennessee at Miami, 1 p.m.
Oakland at Baltimore, 1 p.m.
Buffalo at New England, 1 p.m.
Detroit at Minnesota, 1 p.m.
Atlanta at New Orleans, 1 p.m.
N.Y. Jets at Seattle, 4:05 p.m.
Dallas at Philadelphia, 4:25 p.m.
St. Louis at San Francisco, 4:25 p.m.
Houston at Chicago, 8:20 p.m.

Monday, November 12
Kansas City at Pittsburgh, 8:30 p.m.

SOCCER

MLS PLAYOFFS

SEMIFINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. NEW YORK
(Series tied 1-1)
Saturday's result
D.C. 1 New York 1
Wednesday's game — All Times Eastern
D.C. at New York, 8 p.m.

KANSAS CITY VS. HOUSTON
(Houston leads series 2-0)
Sunday's result
Houston 2 Kansas City 0
Wednesday's game
Houston at Kansas City, 9 p.m.

WESTERN CONFERENCE

SAN JOSE VS. LOS ANGELES
(San Jose leads series 1-0)
Sunday's result
San Jose 1 Los Angeles 0
Wednesday's game
Los Angeles at San Jose, 11 p.m.

SEATTLE VS. REAL SALT LAKE
(Series tied 0-0)
Friday's result
Seattle 0 Real Salt Lake 0
Thursday's game
Seattle at Real Salt Lake, 9:30 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result
West Brom 2 Southampton 0

GREECE

Yesterday's result
Aris 2 Veria 1

NETHERLANDS

Yesterday's result
AaB Aalborg 1 FC Midtjylland 3

SPAIN

PRIMERA

Yesterday's result
Getafe 2 Real Betis 4

Horoscopes

Aries
March 21 - April 20
You are intensely curious about what's going on around you, and that's good. The more you try to understand why certain things are happening, the more likely it is you will be able to turn them into an advantage.

Taurus
April 21 - May 21
As Mercury turns retrograde in the wealth area of your chart today, you must strive to see solutions rather than problems. You may have to make some big changes but in the long term, they will be well worth it.

Gemini
May 22 - June 21
Try not to get caught up in a fight or feud that has nothing to do with you. You may not be the kind of person who stands back while other people get angry but on this occasion, it's by far the best course.

Cancer
June 22 - July 23
You need to look ahead and start making plans, but you must not act on those plans just yet. As Mercury, planet of the mind, turns retrograde today, it may be several weeks before the way ahead is clear.

Leo
July 24 - Aug. 23
You are not always as positive in your outlook as other people think you are and something is certainly bothering you now. Whatever it is, you can be sure it is of only minor importance. Put it out of your mind.

Virgo
Aug. 24 - Sept. 23
You may have to ask for assistance from a friend or family member today. The more you have kept your feelings to yourself in recent weeks, the less likely it is others will know anything is wrong. So tell them.

Libra
Sept. 24 - Oct. 23
As usual, you have lots to say. But as Mercury, planet of communication, begins one of its retrograde phases today, you would be wise to keep some of your more outrageous thoughts to yourself!

Scorpio
Oct. 24 - Nov. 22
This could be a rather confusing sort of day, so you will need to keep your number one goal in mind and in sight at all times. Keep your eyes and ears open, but also keep your head clear of distractions.

Sagittarius
Nov. 23 - Dec. 21
You need to come to grips with certain fears. You need to find ways to limit the hold they have over your life. To start, you need to accept they exist and that means accepting yourself as you are.

Capricorn
Dec. 22 - Jan. 20
Your mind will be wrestling with some pretty deep questions today and throughout the remainder of the week, but they must not be allowed to get in the way of everyday matters. You still have to put food on the table.

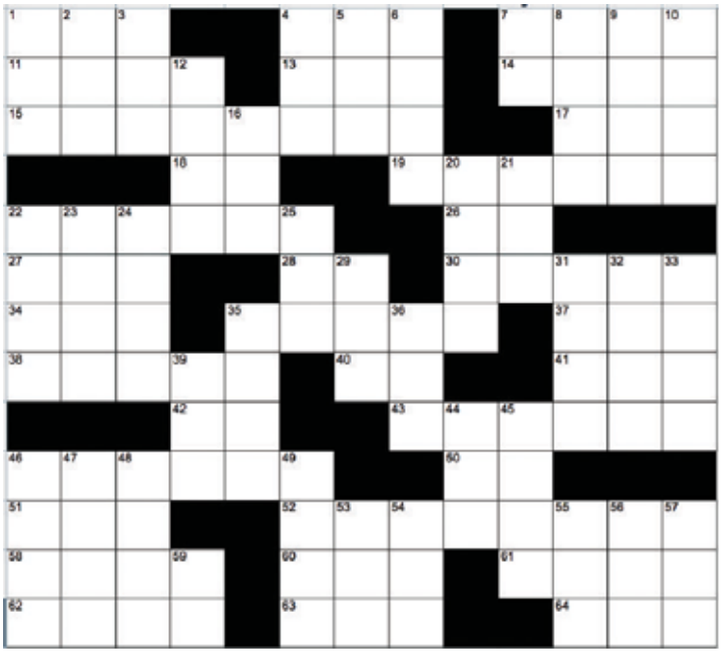
Aquarius
Jan. 21 - Feb. 19
Try to adopt a more light-hearted attitude. Try not to see the world and its problems as your responsibility. You can still find ways to do good but they must be ways that make you feel good as well.

Pisces
Feb. 20 - March 20
You need to be clear in your mind what the difference is between duty and pleasure. Can you find areas where you can do what is expected of you and have fun at the same time?

SALLY BROMPTON

Canadian Crossword

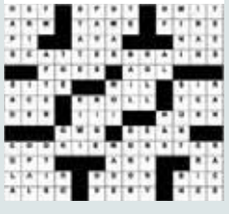
BY BETTY MARTIN



Across
1. The — in the Hat
4. Swiss mountain
7. Dull throb
11. Computer geek
13. Hawaiian garland
14. One who accomplishes
15. Actor or actress
17. Participated in a marathon
18. — and fro
19. Easel boards
22. Corn and Maple
26. Hospital waiting room (abbr.)
27. — Haw
28. Deal – No Deal
30. Railing post
34. Guido's high note (2 words)
35. Put into office
37. Honest President
38. Assign
40. Courtroom figure
41. Tennis and volleyball apparatus
42. Ready – Not
43. Things of value
46. Theatre passageways
50. — Elsewhere
51. Heir, often
52. Family photos
58. This weighs – – (2 words)
60. High card
61. Femur or ulna
62. Cat and dog feet
63. Born
65. Spelling competition

Down
1. Use a knife
2. Fireplace residue
3. Golf gadget
4. MacGraw of "Love Story"
5. Flowery meadow
6. — and needles
7. Commercial
8. Summer veggie
9. — of the Class
10. Sea eagles
12. Letters between Q and V
16. Coke and Pepsi
20. Camping equipment
21. — You Afraid of the Dark?
22. New York stadium
23. Puppy noises
24. Gather
25. Sun God
29. Autumn colour
31. Fade
32. Aid in a crime
33. — Make a Deal
35. Fictional Jane
36. Canadian Automobile Association (abbr.)
39. Computer lingo
44. Supersonic jet
45. Ticket receipt
46. PDQ
47. Small tiny amount
48. Sub-zero precipitation
49. Reach
53. Drink cooler
54. Average grade
55. Pilfer
56. Compass bearing
57. Eye
59. Canadian province (abbr.)

Yesterday's Crossword



What's online

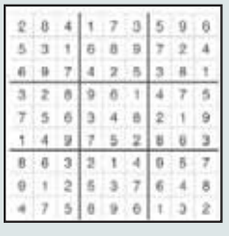
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

8		4		5				
			9				4	
	9			3		5		
5		7	2		9	4		
	6						2	
		2	5		3	1		9
		8		4			7	
	3				8			
				1		6		3

Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 1° MIN: -3°	MAX: 7° MIN: 0°	MAX: -6° MIN: -11°

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